

Welcome Letter to Parents/Students

Welcome back everyone for a new and fun filled year of physical education. Each year physical education will be a little different and this year will be better than ever. Although you will only have physical education for half the year, you will get to have it every day of the week. That means we will have much more time to really understand the sports we are playing, the exercises we are doing, and how your muscles work. The five day weeks will be broken up with two days a week sports and learning all the rules of that particular sport, as well as practicing skills required to succeed. One day a week of cardio (you guys are going to love this day!). One day a week of muscle training and fitness and one day a week of health.

Students will be required dress out in the schools PE uniform as usual. This means shirts as well as shorts and tennis shoes (with laces that tie!!!). PE uniforms can be picked up in the student store as early as the second week of school. If money is an issue, please contact me and I will arrange for a uniform for you. I am looking forward to a fun, fitness-filled year with you all! See you soon!



of

to

Update monthly
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